



WEEK OF JUNE 1

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# weekly menu

Empowering people to feel good:  
mind, body, and spirit.

# balanced vitality

## DETAILS:

Balanced macros  
1,400-1,500 daily cal | 60g protein  
(amp up protein & cal adjustments available)

## IDEAL FOR:

Busy routines, maintenance/weight loss goals, and anyone wanting balanced and consistent meals during the week

	breakfast	lunch	dinner	snack(s)
monday	<b>Summer Bowl:</b> artisanal greek yogurt, mango coulis, strawberries, coconut, honey	<b>Sayadeyeh:</b> rice, fish, onions, garlic, almonds, tahini sauce, side salad	<b>The One:</b> wrap, hummus, pepper, zucchini, spinach, tomato caramelized walnuts	Orange Cookie + Fruit
tuesday	<b>Halloumi Ciabatta:</b> sourdough ciabatta, pesto, halloumi, tomatoes, arugula, olives, balsamic, side veggies	<b>Escalop Plate with Potato:</b> Breaded chicken, secret sauce, potato, zucchini, carrots	<b>Mediterranean Salad:</b> spinach, rocket, tomatoes, cucumber, olives, lentils, feta, seeds, mint, tahini	Marble Cake + Fruit
wednesday	<b>Mashup:</b> Sourdough toasts, avocado, cranberries, walnuts, 2 eggs	<b>Potato Soufle:</b> Ground beef, italian bread crumbs, olive oil, potato, garlic, onions	<b>Rainbow Salad:</b> greens, quinoa, turkey, cucumbers, strawberries, carrots, onions, avocado, raisins, walnuts, berry dressing	Vanilla Cookie + Fruit
thursday	<b>Turkey and cheese in Pain de Mie sourdough</b> sourdough pain de mie, turkey, cheese, honey mustard, iceberg, tomatoes)	<b>Shrimp Quasedilla:</b> shrimps, red pepper, onions, corn, mushrooms, soy sauce, honey, mustard, tomato paste, guacamole	<b>Halloumi Salad:</b> rocket, cucumbers, tomatoes, beetroot, pomegranate, basil, halloumi, croutons, balsamic vinaigrette	Protein Boost + Fruit
friday	<b>Blueberry Oat Cheesecake:</b> oat biscuit, almond butter, greek yogurt, honey, blueberry jam	<b>Moughrabeye with Chicken :</b> wheat grains, chicken, bone broth, onions, mix of spices	<b>Sweet Chilli Beef Bowl with Cottage Cheese:</b> minced beef, cottage cheese, corn, red kidney beans, parsley, sweet potato, tomato, avocado, sweet honey	Chocolate Cupcakes + Fruit

## FULL BOARD

breakfast, lunch, dinner,  
two snacks

## HALF BOARD

-breakfast, lunch, one snack  
-lunch, dinner, one snack

# gut balancing

21-day plan

## DETAILS:

Gut-supportive, functional medicine aligned  
Gluten-free | Dairy-free | Refined sugar-free  
With a focus on fermented food, variety of plants, and gut boosting ingredients

## IDEAL FOR:

Anyone seeking better digestion, regularity and microbiome diversity, with a structured reset that avoids unnecessary restriction.

	breakfast	lunch	dinner	snacks
monday	Summer bowl	Sayedeyeh + Side Salad - No garlic or onions	Green Crunch with Vegan Feta and extra 60 g chicken	Turmeric Shot + SP Brownie
tuesday	Halloumi ciabatta in GF Baguette + side veggie cup ( tomato + cucumbers + fleur de sel)	Escalop Plate with Potato + Carrots + Asparagus + Broccoli - no garlic	Mediterranean Salad - vegan feta	Cucumber Shot + Fruit
wednesday	All That Pop	Soufle - no garlic or onions	Rainbow salad regular (replace turkey with 90 g chicken)	Beetroot Shot + Beirut
thursday	Korean Egg Bowl	Shrimp Plate - 150 g shrimps + 150 g potato wedges + sauteed veggies + vegan tartar sauce	Soba Steak Noodles	Orange Shot + 1/2 mango temptation
friday	Cheescake	Butter Chicken - No garlic or onions	Fish Gut Plate	Strawberry Shot + lazy cake
saturday	Cinnamon Porridge - Extra 10 g Flaxseeds	Korean Noodles with extra 60 g shrimps - (GF noodles - no garlic - no onions - tamari sauce)	The chicken yum - GF Wrap - Replace Sauce with Honey Mustard + Side Bone Broth	Beetroot Shot + SP Brownie
sunday	Avocado and eggs in GF Baguette	Chicken Teriyaki - Tamari	Shrimp Millet Salad	1/2 tummy heal + fruit

This plan is designed to be taken as 21 days in a row, for optimal results. Omitting Saturday and Sunday is possible. Our dietitian will guide you on your food plan for the weekend.

# other plans adapted

*from balanced vitality*

## gentle weight loss

Daily protein: ~90 g

Calories: ~1,200-1,400

Macros: Higher protein, less carbs & fat

Protein amp-up available

## gainer

Goal: Muscle building, bulking, or shredding fat

Daily protein: ~110-160g (customizable)

Calorie adjustments available

Surplus level set with our dietitian



## female vitality

Macros, calories & ingredients adjusted to your feminine phase & needs. Customizable for:

- Pregnancy
- Breastfeeding
- PCOS
- Menopause
- Other hormonal imbalances

## plant-based

Ingredients: 100% plant-based including soy, tofu, almond-based cheeses, nut milks, legumes, grains, vegetables...

Macros calculated by our dietitian to fit your needs



# plan *comparison*

FIND YOUR PLAN AT A GLANCE.

This page compares the core features across all six plans so you can quickly see what's included. Many elements can be customized (calories, protein, swaps, and board type). Just ask our dietitian to guide you to the plan that suits you and your lifestyle!

	half boards	calorie adjustment	protein amp-up	GF/DF	wellness shots	chat with our nutritionist
<b>balanced vitality</b>	✓	✓	✓	✓	✗	✓
<b>gut balancing</b>	✗	✓	✓	✓	✓	✓
<b>gentle weight loss</b>	✓	✓	✓	✓	✗	✓
<b>gainer</b>	✗	✓	✓	✓	✗	✓
<b>female vitality</b>	✗	✓	✓	✓	✓	✓
<b>plant-based</b>	✓	✓	✓	✓	✗	✓



**kiss** *the*  
**spoon**

# Not sure which plan is right for you?

**WE ARE HERE TO GUIDE YOU.**

Contact us and we'll match you to the right plan for your goals and routine!

**CONTACT US AT [71 435 950](tel:71435950)**

KISS THE SPOON  
A FEEL-GOOD MOVEMENT

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